

# The Magdalene Path

Awaken the Power  
of Your Feminine Soul

## Workbook



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## A Note

This is the first of many practices that are included in the book, *The Magdalene Path*, which are intended to guide and support you in connecting more deeply with your Feminine Soul. I invite you to start your exploration with these offerings. Some of these practices come directly from Mary Magdalene's Divine Downloads and others I've used for years in my counseling and coaching work. Still others I developed to enhance your learning experientially, so that you could better integrate this material into your life. While some of us learn best intellectually, it is not until we actually practice something, that the changes become part of our lives.

I've noticed that as I give myself more time for these Soul Care practices in the morning and throughout my day, I am more focused, aligned, centered, present, and alive. I am less inclined to ramp-up old, exhausting habits, which though helpful at times, can also be a draining. I'm less likely to be short-sighted, agitated, ill-tempered or drive myself mercilessly. I connect with Source guidance first and let my Feminine Soul lead. I allow the flow of life, Spirit wisdom, and body-based intuition to guide and direct my day. Then planning and action arise, by first *being* and then *doing*.

## Feed the Feminine First

Feeding Feminine Soul means taking time and making time for ourselves, every day. Do some kind of Soul Care practice first thing upon waking. This enlivens and enhances the Divine Feminine within. We signal to ourselves and the world that our needs are important and that we can tend them. Notice how much better you feel when you do these practices with some regularity, versus how you feel and how your day unfolds when you skip this morning Soul Care. (Don't shoot for perfection!) By starting our day off this way we set a tone and mood that is positively addicting.

1. Choose one Soul Care skill or tool that you can easily and effortlessly slip into your morning routine for 5-10 minutes after you first wake up. This could be meditating or journaling before getting out of bed, saying prayers or setting intentions while in the shower, doing yoga or taking a walk.
  - What practices or activities really support and sustain you?
  - Can you commit to taking 5 or 10 minutes in your morning to do these practices?
2. Don't try to be perfect, start with 1-3 minutes if 5 is too much!
3. Add and/or increase practices as you are inspired. You will benefit from giving yourself this Soul nourishment each morning. And so will everyone else around you!

## Stepping into Feminine Leadership

Are there places in your own life where you feel particularly called — situations or issues that grab your attention? Are you able to speak up with care, concern, and compassion? Often we keep these awarenesses hidden for fear of upsetting the status quo, wanting to keep the peace, etc. Those days need to be over, as we are reaching crises of epic proportions in almost all areas of society.

1. Tune in to your breath, your body and heart. Let your mind settle down. Breathe deeply and slowly.
2. Ask your heart: Are there any key issues or areas you are concerned about? (You may not need to ask, or you might see pictures appear in your heart-mind.) Journal about what comes up for you. Be careful not to judge, just be curious.
3. Keep breathing. This slows everything down.
4. Are there any areas of your life: your community, family, town, or church, where you feel you could make more impact?
5. What areas, issues, or interests could you become more engaged and outspoken about?
6. Is there one action, one issue you could give voice to? You could take one small step, like making a phone call, sitting in on a meeting you wouldn't usually go to (but would like to), or speaking up in a controversial conversation when you might normally stay quiet. Ask your body wisdom, inner knowing, heart, or Source how to best respond. (Or who/whatever you feel connected to.)
  - Could you do that this week or this month? Make it a small step, if it is particularly sensitive and triggering.
7. As women we thrive in working together, yet we often feel isolated. We don't have to do it alone anymore. What can you do to get support? Can you get your community involved with you?
8. Appreciate yourself for your care and concern, for being willing to be willing. You don't need to have an answer or plan, and this in and of itself can be uncomfortable.
9. Journal your thoughts, feelings, and intuitions. By listening to your instinct, you activate your intuitive wisdom. It will get louder when heeded. Writing down these "hits" helps immensely. Otherwise, this guidance is easy to overlook or discount.

## Goddessing

I like using *Goddess* as a verb. When we are *Goddessing*, we tap in to our Divine nature. It's an intrinsic art of Feminine Soul magic to connect to our Goddess selves and live from this awareness. We can embody our higher selves and access our essence in this way. This meditation and body prayer practice starts to activate your Divine Feminine. Take 5 or 10 minutes daily (or more if you desire) to connect with your Self as a Divine being and see how your inner and outer world start to change. As I've engaged this practice, I've noticed a big shift.

1. Start by creating sacred space for yourself. Turn off your phone, close your door, light a candle, and play some sweet, inspiring music.
2. Close your eyes and breathe deeply to relax and center yourself for a few moments.
3. Imagine yourself in an exquisite garden, forest grove, or other naturally sacred space.
4. Notice a path and a beautiful temple, luminously lit from within. Travel down the path, toward the temple. When you arrive, the doors open. Notice all you see, feel, sense, and imagine. (If you see nothing, don't worry, just continue.)
5. Call in your Divine Feminine Essence. Ask her to show herself to you, in your mind's eye or your heart. Feel, sense, or imagine her before you. (Allow yourself to be surprised.) Greet her. Receive the blessings she is here to bring you today. Spend time being with her in silence, or imagine talking with her if you like.
6. Allow her to move into you, fusing her energy body with yours. Feel her radiant, sensuous essence. Let it shine throughout your body. Imagine it radiating out into the world.
7. Allow your connection to Her energy in your body to move in ways that feel easy and delicious. Know that she and you are one. Breathe.
8. After a few minutes, when your time feels complete, say thank you to Her. Know you can return to Her any time you need guidance or an infusion of this energy.
9. Journal or create art about your experiences. Even potent, powerful visions or messages tend to fade quickly and may be lost if not written down.
10. While it is helpful to do this intentionally in the morning (or evening if you prefer), the full practice of Goddessing is to weave this into your day. For

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brief moments, allow yourself to call up an image, feeling, or body-based sensation of your full Divine Feminine self. Shine this essence out to those around you as you move through your life. As you remember this practice, you can speak, move, and live from this radiant place.

If you'd like to be led in this meditation and body prayer, go to [MagdalenePath.com](https://MagdalenePath.com) for a free downloadable audio recording of this practice in the Free Resources section of the website.



## Align from Your Purpose

Here is a decision-making tool to orient your daily activities as well as your life goals. What are your primary goals or guidelines for your life? This simple process allows you to develop your internal compass or litmus test of purpose.

As I became clear about my core values and started aligning my decision-making from my purpose, my outer reality started to change. Decision making, daily planning, and life choices became simpler (but not always easy) by just asking these key questions. The activities, people, and things that were not in alignment with my purpose started to become very obvious and fall away. Sometimes there was purposeful action on my part, which was coincidentally met with other non-aligned things being removed from my path.

1. Write down 3-5 values or interests that you organize your life around, that feel positive and affirming. Notice whether they are self-determined or societally imposed.
2. Choose, or ask for guidance to be shown, the one value most in alignment with your Soul Contract. If nothing comes, use the values developed above. It helps to write it down for reference.
3. Develop intentions for your week or season based from these. This points you toward your purpose.
4. Then develop goals from there, which can manifest into daily activities and plans.
5. As you move through your day, orient your choices, preferences, and habits around what you understand as your purpose (however vague or specific it may be).
6. When confronted with decisions and choices in your life, ask yourself, "Is this (insert decision here) in alignment with my purpose to (insert value here)?" or "Is this helping me to fulfill my life-intention to live a life of (insert value)?"
7. Journal your thoughts and feelings.

## Living from Being

Notice, in your own life, when you undertake a project or plan your day, how your primary process may be to plan, organize, and control. This is habit and conditioning from society. Yet by being in the Divine Feminine energy field, you can start to let your project, day, or life unfold organically, as if you were meandering down a path. By being in the flow of your life, resisting control and not forcing outcome, you will watch your ideas and intentions develop right before your eyes, even without a conscious plan. Imagine that!

This practice awakens awareness of patterns and habits so that you can start to make other choices and shift your being. You will evoke a deeper listening to connect to your inner wisdom, also called intuition or “the still small voice within.” This is an initial step towards your own *Listening*.

1. Give yourself extra time in the morning to attend to your Divine Feminine self with soul-care and spiritual practices. These will support and sustain you, allowing your Feminine Essence to shine into your day. Starting off with rules, structure, and discipline may get things done, but at a big cost to your true vitality and radiance. You may be uploading some cultural programming, restricting a deeper, juicier connection to your Feminine Soul.
  - What practices or activities really support and sustain you?
  - Give yourself 5 or 10 minutes in your day morning for these practices, to start you day in connection with your Essence.
2. Now, as you start your day faced with an outer request or need, tune in deeply to what you feel called to do. Place your hand on your heart and take a full, deep, slow breath. You don’t need to have an answer or plan right away (this can be uncomfortable).
3. Start by taking a few minutes to journal about your thoughts, feelings, and intuitions. By paying attention to your deeper instinct, you activate your intuitive wisdom. It will get louder when heeded. Writing down these “hits” helps immensely. Otherwise, this guidance is easy to overlook or discount.
4. Breathe deeply and slowly. This slows everything down.
5. Ask your body wisdom, inner knowing, heart, or Source how to best respond. (You may call this Goddess, Mary Magdalene, Spirit, Jesus, or whatever you feel connected to.)
6. More breathing.

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7. Jot down your thoughts, feelings, perceptions, questions, and answers. You may not get the reactive answer or action you might normally. The messages will get clearer or stronger as you attend to them — and dry up if you continue to ignore them. All skills get refined when practiced, and your feminine guidance is among them.
8. Give thanks for the guidance you have received, from whatever Source it came from.

## Defining Feminine and Masculine

Many women find that, due to cultural conditioning and values, we habitually and unconsciously act from a masculine mode of being. Most of the time, we are not even aware of it. We are not acting from our true essence as women. It is not serving us personally or collectively. While this may not be your experience, see if it is. This activity gets you in touch with the dominant masculine and feminine traits and your association to each.

I've been surprised to discover how much I operated from the "masculine" qualities. How habitual and idealized they really are. I also noticed I had more "feminine" qualities than I expected. I was drawn to cultivate them. From this awareness, I began to make conscious choices, at times leaning on one side of the list more than the other. Both are valuable and powerful, and it is important to balance your skills set with non-dominant traits.

1. Make 2 columns, titled "Masculine" and "Feminine," to create lists of qualities.
2. Here are some ideas to get you started. Add and rearrange to your preference.

***Feminine:*** sensual, chaotic, eclectic, spontaneous, intuitive, emotional

***Masculine:*** logical, straightforward, assertive, organized, rigid, rational

3. Notice which side you tend to operate from—with no blame, shame, or judgment implied. Journal about your observations.
4. Sense what each list of qualities feels like in your body. What are your feelings about qualities of the other side of the list? What automatic reactions do you have? Really let yourself sink into the essence of each.
5. Move your body or take the posture of each quality on the 2 lists.
6. Using whatever art materials you have handy, image the essence of each list. (Even a basic pen or crayons will do. Just do it.)
7. What thoughts and feelings come up for you? Is one list easier to express than the other?
8. Notice where and when you automatically act from qualities on the lists. What/who is this serving? Know that these are habits and conditioning that can be shifted with attention and care.
9. Journal, paint, draw, or write a poem about your observations.

10. As you move through your life, allow yourself to consciously explore and express qualities from your non-dominant, least-favored list. Be curious about the value in operating from the unexpressed qualities that are embedded in this list.

## Vision Map

Vision Mapping is a powerful process that combines intention setting with the immediacy and simplicity of collage. I call it a Vision Map because it shows you where you are going, and some of the possible stops (and companions) along the way. Create a collage using images and words from magazines that express your dreams, intentions, and/or ideal about some aspect of your life.

This Vision Map focuses on relationship of masculine and feminine in your life (the outer manifestation). Alternately, you could also express your own inner marriage (the balance of feminine and masculine in you) or your Divine Feminine.

You can choose images that reflect where you are, as well as where you want to be going. Include things you want to manifest in your life. Also pick out images (and words) that you are drawn to, even if you don't understand the meaning or message. (You will at some point, trust me.) I am convinced this super-powerful manifestation tool triggers something deep in the psyche that causes these images to show up in physical form. It's like filling out an order form at a sandwich shop. Be careful what you ask for, you just might get it!

1. Start with a large piece of cardboard or poster board.
2. Add the *Consecration* practice (mentioned later, see page 21.) to really create dynamic impact in identifying and creating your dreams from a deeper place of Spirit. Pray and set an intention for the focal point of this Vision Map.
3. Collect images and words from magazines that express your ideal relationship, your own inner marriage and/or Divine Feminine self. The images don't have to make sense, just choose ones you are drawn to. They reveal their message later.
4. Create a collage, using glue, tape, or thread to affix your images.
5. Embellish the overlapping images by painting and/or drawing. Add hand lettering for words or phrases that are meaningful.
6. Place your Vision Map somewhere you will see it, even if just in passing as you walk through a room. (It doesn't need front-and-center placement to be effective.) This step is important. Seeing your collage triggers the unconscious in powerful ways.
7. Use this as a reminder for your daily intending and manifesting, then watch it unfold. This is truly magical.

## Be Your Beauty

Sometimes we are known for things that we've been taught or trained to be, that are not even intrinsic to our nature. We are not what we wear, or how we look, but these are expressions of how we feel about ourselves. This effects how we show up in our life, and the world responds accordingly. Often we just step in line with others around us.

I've become aware that every few years, as I change and grow inside, my clothes, shoes, and hair (or my "look") change on the outside (deliberately or unconsciously), sometimes dramatically and sometimes subtly. As I call in new aspects of my Divine purpose, stretching myself personally and professionally, what I am drawn to surround myself with changes.

These everyday things do impact us. You get to choose. You can change your sense of self from the inside out, as well as the outside in. Make a conscious choice, if you want to create a divinely inspired purposeful life. Shine your essence, live from there, and be true to your own beauty. Beware, it can be addicting.

1. Take time daily to connect with your essence, your intrinsic worth as a *being*, rather than your worth for *doing*. Allow yourself to be your true Self, inside and outside.
  - What qualities do you innately express? Who are you when all the masks are down?
  - See if others around you are uncomfortable at first and try to pull you back into the form, role, or package they are used to. Do they applaud? True allies will support your changes.
2. Notice a difference in how feel when you are more intentional and aligned with what you are surrounding yourself with, whether it's clothes, environment, or people. This could be color, texture, or style, a change of season or interests. This affects how you shine your essence to the world.
3. Look at or think about your wardrobe. Is your closet filled with things you secretly hate but think you are supposed to wear? Journal about:
  - Do your clothes (colors, shapes, textures, styles) and accessories show who you really are?
  - What about your hair, makeup, and jewelry?
  - What else do you notice or are you curious about?

4. Journal about your understanding of your own Essence and worth as a being.  
Consider these questions:

- What do you really like about yourself?
- What do others praise you for?
- How aligned with your Essence do these compliments feel?
- Do the compliments reflect who/what you want to be?
- How would like to be known or seen instead?



## Shine Your Light

Cultivate your inner light. This is your radiance, which shines as your true inner beauty. We can use this awareness practice when going through a phase of feeling small and invisible. Address that belief, and also start projecting your essence energy into the world. So when you go out in public, you show up. Your magnetism can be a strength that you use to bring people and opportunities to you. Radiant and alive, you attract people and situations that you have a Divine destiny to meet. As I began using this practice in my life, I noticed that people responded and reacted to me differently. I learned to own and manage my radiance, choosing situations and circumstances wisely. Allow yourself to be visible and shine. It always feels good.

1. Journal about what you feel sense or believe your Essence to be. Hint: This is a core quality you bestow when you walk into a room. You may not know it, but those close to you do. Ask them for clues, as well as in your prayer and meditation practice.
2. Bring your awareness to your inner being, especially at the crown of your head. Remember your essence quality.
3. Say to yourself, "I am \_\_\_\_\_." Allow this light to drop into your body.
4. Turn up the flame of your inner light. Radiate your Essence. Shine it out from your eyes and heart, as you silently repeat your "I am..." statement. Exude this light from all parts of your body. Feel what happens as you do so.
5. Notice the difference in how you relate to yourself, physically, emotionally and energetically, when you connect in to your Essence light.
6. Notice how you relate to others. Share this with them if you feel inspired. Be aware of other outer reactions or responses, as well.
7. Journal about your experiences with this practice, as it can change over time.

## Body Prayer

Take time daily to connect with your essence in its pure aliveness, within your body. Allow yourself 5-10 minutes daily for this practice. (Of course, you can take longer.) This can be added to or rotated with other practices you have already integrated into your daily life. I notice that when I do this, even for just 5 minutes, I feel more connected with myself and more comfortable, open, and relaxed in my body.

1. Breathe deeply into your belly. Let your breath drop below your ribs, down into your hips and legs, so that your breath feels full and slow. Sense yourself as wide and solid, breathing deeply.
2. Connect and ground yourself. Link your breathing to the Earth below you on each inhale and exhale. You might be drawn to stand, sit, or move from the ground.
3. Visualize the bowl of your pelvis filling with breath and energy; feel it fill and empty.
8. Connect with your Soul Essence by recalling your "I am \_\_\_\_\_." statement. (See "Shine Your Light," page 17.)
4. Let your sensuality and aliveness rise up inside you. You might feel sensations: a tingling or flickering of energy moving. This could feel like joy, heat, pleasure, pressure, or discomfort.
5. Allow your hands to be open, or let any of your fingers to gently touch your thumb. Let your body to start to move.
6. Allow movement to come from whatever part (or parts) of your body that wants to lead. This could be an area that needs gentle stretching or is sore or injured. Maintain the connection you feel with the Earth and with your Self. Let the movement come from this strong, grounded, open connection. This might look like dancing, yoga, stretching, Tai Chi, or any other form of movement you've learned or seen. It may be completely new. It could be gentle, easy, or vigorous.
7. Notice what it feels like to do this at home in a private space. As you feel comfortable, practice doing this in other moments and situations of your life. Try it when you are alone, as well as around others, but only in settings or situations where you feel safe and secure.

## Cycle Awareness

In this practice, you will learn how to tap in to a vast reservoir of embodied feminine wisdom. You will need a calendar or day planner so you can easily note, chart, and reflect upon what is happening with you. You can also use a journal or notebook, but it's a bit more difficult to track patterns visually.

Most women have 28-32 day cycles, from when they start their menstrual period or "moon flow" to when it starts again, approximately a month later. That is the full cycle that you will start to pay attention to. Some of us are regular like clockwork; others vary by a few days or more. There is no wrong way to cycle, it is your body wisdom.

Doing this over the course of months and years, you can learn so much about physical, mental, and emotional rhythms that are innate to you. Cycle Awareness guides you in learning to track your own inner patterns, which can be immensely valuable in your life in myriad ways. Practically speaking, you can begin to plan your life events around your knowledge of where your energy and mood are likely to be. You can also take corrective action (damage control) with the hindsight of your calendar. As you do this for several months, patterns will start to emerge.

A word to women who are menopausal or beyond cycling: observe, monitor, and record your own moods. See if and how they coincide with the phases of the moon or other "external" forces. You are probably still being influenced by hormonal factors and patterns may emerge, though perhaps differently or not to the same degree than when you were cycling.

(Please note, I am not giving medical advice. Nor do I wish to encourage you to be irresponsible in following your healthcare provider's direction. You have wisdom about your health that is wise to hear and heed. This practice adds to your knowledge of your body. Sharing your observations with your practitioner is common sense; use it as you see fit.)

1. Mark your calendar or day planner the first day you begin your monthly moon blood flow or menstrual "period." That becomes "Day 1" of your cycle, which ends when you start bleeding again. Start to notice what is "normal" for you, without judgment or comparison. If you know how long your cycle is, write those numbers in the corner of your calendar, from 1-30, or whatever. (Most women fall within a 28-32 day cycle.) Or do this daily or weekly, counting as you go.
2. To track your hormonal rhythm, start by noticing your moods and thoughts and how they may cycle throughout your day and week. (Eventually, you

will look at the whole month.) Make short notations, using a word, phrase, or symbol. This will enable you to track patterns and preempt suffering.

3. Explore and research the biology of the hormonal cycle and how that works, if that interests you.
4. Make note of physical issues as they arise, especially chronic patterns. They can be connected.
5. Add notes about life events and activities. Since you're working with your calendar, that's probably already happening, so you are simply syncing up your awareness between inner and outer events.
6. Pay attention. You are the expert and authority here. It's your body, your experience. For too long, we have been taught to submit to the authority of others, disregarding our own inner terrain.
  - Do you seek quiet after busy weekends?
  - Do you crave specific kinds of activities or company at certain times and not others?
  - Are some emotions more volatile and nearer the surface at particular times of your month?
  - Are there consistent thoughts and patterns of speaking coming from your mouth at a predictable time?

## Sacred Creativity of *Consecration*<sup>1</sup>

1. Tend your creative space, your Artist Temple. Take time to create a sacred place where your creative exploration will occur. This is your gift to you. It is not necessary to have a big space, just someplace where you feel comfortable—even if it is a card table in the corner of an already-crowded room. (Be sure it's not your dining table that you have to clear and eat at every night, if you can at all avoid that. That's a creativity killer.) Notice whether creating this space feels difficult. Women sometimes have difficulty giving to ourselves, receiving from others (or the Divine), or taking up room. You may have judgments about your creative abilities and self-worth. Let that all go for now.
2. If you are creating through drawing, painting, or collage, lay out paper or canvas and other art materials you plan to use. Use a drop cloth (or an old sheet) if you need to protect the floor or carpet.
3. *Consecrate* the moment by starting with your intention. What do you intend this time to be about? What are you hoping to receive? Some possibilities (there are hundreds) are self-expression, relaxation, self-care, emotional release, or journeying. Use prayer, invocation, offering, intention, and whatever other ritual forms you enjoy. You may want to light candles or burn incense, lavender, or sage. Play inspiring music that suits your mood.
4. Establish a connection to your Divine guides and guardians. Pray to Source (Goddess, God, your preference), asking that the Divine join you and express in and through you.
5. Invite in your muse, whoever she might be today. Allow your muse to appear and (if it feels comfortable) flow into you. Let yourself receive any images or messages.
6. You may have received an image of what you wish to create, but it is fine if you do not. It can be best to just let your creation emerge from within you and your muse. Allow the first expression to come to you. Start by simply choosing a color and marking with a line, symbol, texture, and/or shape that you feel drawn to. Using pastels, paint, or whatever materials you enjoy or

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<sup>1</sup> *Consecrate* - a new verb combining *consecrate* and *create*. To *consecrate* the process of *creation*; to create in open relationship with the Divine; to make the creation process holy with ceremony and/or intention.

have handy. Or tear and glue down an image from a magazine. You don't need to have a plan, it will emerge. Just start.

7. Next, see what is coming forth: what next color, line, shape, or image is inspiring you, urging to be expressed? Make that move. Let that flow. If you don't feel it, make it up. Play, have fun, be loose. Don't think too much. Certainly don't stop yet.
8. After several moments, another thought, image, or idea—a color, shape, line, or object—will emerge and be present. Follow the urge. Sometimes you need to wait, be patient. Step back and look. Listen and let that next inspired action come through. You may start to feel a certain energy or rhythm pouring in and flowing through you. Allow that.
9. Surrender. Let yourself deeply hear what is emerging from within, and let this expression come into being. Breathe and release any difficult feelings, thoughts, images, or sensations that may arise with this process. As woman, you are a creatrix. This is your natural state. Allow your muse to reveal herself through you; this is the Divine awakening in you, as you.
10. If your interests are inclined toward movement, music, or poetry, the approach is similar. Harmony, shape, texture, line, tone, and rhythm all have their form. Start with one and let yourself follow this until it is complete. Then allow the next. Continue with the third, and then onward, until you are fully engrossed in rhythm, lyric, word, or song. Allow this expression to come into being, it is alive in you. Let it come through.
11. You don't have to make "a painting," "a poem," or "a dance." The finished product is not the point, though it is likely that you will end up with something. The result will probably be different than your ego mind would anticipate creating. You might like what you create, you might not. If you don't like it, let it go and try again. Just let it be what it is, and enjoy the unfolding. That's where the joy is.

## Create Your Temple Home

To develop your own Temple Home, start with this simple assessment tool.

1. Identify your Core Values. Develop a list of basic ideals from personal preferences and attributes. List the 3-5 tenets that you live and orient your life by. You may have more, but it's likely that you have a few that you truly center around.

To do this, ask, "What core issues are non-negotiable in my life?" These might be as simple as joy, creativity, freedom, and love, or more esoteric, like elegance, spirituality, or integrity. Whatever they are, they are unique to you. Orient your life around them.

Below are some ideas to get you going. These values may or may not reflect your ideals, but feel free to start here and create your own list based on your personal standards.

### **Values (by no means a complete list!):**

|                         |                          |
|-------------------------|--------------------------|
| Harmony                 | Sociability/Entertaining |
| Serenity                | Sustainability           |
| Love/Connection         | Nature/Organic           |
| Family                  | Privacy                  |
| Tradition               | Regeneration/Renewal     |
| Culture/Ethnic heritage | Truth                    |
| Order                   | Simplicity               |
| Cleanliness             | Elegance                 |
| Control                 | Hominess/Coziness        |
| Joy                     | Safety/Protection        |
| Energy/Liveliness       | Progressive              |
| Beauty                  | Nurturance               |
| Partnership             | Modern/High Tech         |

2. Once you've developed your list, *consecrate* the time and intention you have for this project. Use the *consecration* process (mentioned earlier on page 21) to engage in this as a sacred act. Acknowledge that this is a soulful and holy process that can be filled with joy.

3. Allow the holy desire for sacred space in your home to fill your heart. Visualize your ultimate sacred space. See, feel, sense, and imagine how that can be interpreted into your home. Have fun exploring and creating.
4. Begin creating your Temple Home by interpreting these values, attributes, and visualizations into your physical environment. How would your physical location be different when looked at through the lens of the values, visions, and ideals you hold most dear?
5. Start in one room, or even the corner of a room. Ideally, what would that look like? Are there changes that need to be made, upgrades or deletions?
6. Next, notice which of your listed values are reflected in your living environment?
  - Which are conspicuously absent, and why?
  - Would you like to be living more of this? How would it be represented?
  - What reason(s) do you tell yourself for not creating your space to your desire?
  - If money were no obstacle, what would you do differently?
  - Using the resources you have, are there changes you could make?
7. Clear your canvas. Go through one room and remove anything that does not hold energy or meaning for you. It may mean removing a pillow you've never liked that was a gift from someone or was a rash purchase in a moment of weakness. Or it could be repainting over a color you never liked but were talked into by a friend or it looked good in a magazine.
8. Develop your palette. Look at what remains, all the things you love. Notice if it feels too cluttered. Remove as much emotional noise from the space as you can. Put all those items to one side. These things create a palette for you to choose from, to use later.
9. Once the room is cleared, go through and clean. It's best if you can partner with a friend. Buddy up and help each other out. If you can, hire someone to do it! Like many things, it is far easier to do with support and teamwork. Remember that you are trying to get to a blank canvas.
10. Once the room or area is physically cleansed, clear the space energetically. Use simple ritual: light candles and burn incense, lavender, sage, or cedar smudge stick. Pray, play music, chant mantra, use sacred symbols or crystals to bring purity and clarity. Do what feels comfortable and is part of your faith tradition. If this is new to you, let yourself experiment.



11. Now decide on the use of this room or area, if you have not already. Feel into the space. With a blank canvas before you and a full palette to the side, you may see possibilities and uses that you had not originally imagined. Allow the holy desire of your Temple Home to fill your heart. Let it tell you how it wants to be expressed.
12. Use your Core Values List (developed above) to remind yourself of the qualities and attributes you intend to imbue into this space. You may want to post the list or even stencil or paint them on a wall to remind you. This is *your* Temple—you get to decide.
13. Look at the furniture and its placement. Pay attention to windows, doors, passageways, and light. Move things around to try out how it looks and feels. Doing this with a friend—a Temple Home Cohort—can be tremendously helpful, especially if there are any heavy objects that need to be moved.
  - Do the furniture and objects enhance or detract from the values you intend?
  - If you intend serenity, for example, does a red couch really fit in?
  - If you desire a more spiritual focus, is this the best place for the TV, recliner, and pool table? Do you have artwork or sacred objects you wish to use as reminders?
14. Next, choose an area for creating Sacred Corners. Use a shelf, counter, tabletop, or corner to develop an altar of some type. This need not be a traditional religious or even spiritual altar. It is a place where what you value the most is acknowledged and honored.
  - Use linens, cloth, or beautiful papers to outline and define the space. Napkins, placemats, vintage pillowcases, or table runners work nicely.
  - Review the previously removed items, bringing things together in new and unusual ways. Something bland and uninteresting in one room can be repurposed into another and create a whole different effect. Look around your house and use what you have.
  - Thinking of this as play and non-permanent is helpful.

15. Finally, *Consecrate* your sacred space. And celebrate! Play music, light candles, burn incense. Take as much time as you like, making offerings, prayers, intentions, and meditation there. You may wish to do this daily as part of your emerging or regular spiritual practice. Many women find this daily touchstone to be a grounding and centering way to orient their life and purpose. Come to your Temple Home as often as you wish. Revise or update it seasonally, or whenever Spirit moves you.

## Rev-Up Your Holy Desire

*"But what does my heart long for?"* This is a question I hear from women often. I've felt that confusion, too. A simple question, it should be easy to answer. But *should* is never an empowered direction to follow. "Should" almost always aligns me with other people's goals and dreams, taking me far, far away from my own. It's hard to hear myself if I am tuned into someone else. No wonder there's confusion about our desire.

So often, we are taught not to want what we want. As women, we care for others and often put their needs first. Messages in the media teach us to want, but our culture teaches us to deny those wants. No wonder we lose touch with what our own true yearnings are! Our deepest desires come through our Soul's calling. When we attend to them, they point like arrows on an inner compass to our destiny path, our own True North. Now, let's discover your Holy Desire.

1. How do you want your life to be?
  - If you were reviewing your life, what would you want it to have been filled with? Review this list frequently, nightly is best.
  - What feelings, sensations, and experiences do you want to have?
  - If money or time were no object, what would you want to be doing? Where would you want to be? With whom? Let this bubble up unbidden, without force.
  - Notice if there are any dreams, intentions, or goals you consistently fall short on. Are you being unrealistic, or is there a way you can bring more of that experience into your life?
  - Are they really your desires, or do they belong to someone else?
2. Feel how you will feel when you get that, or achieve that intended outcome. Really allow the good feeling, as you connect with the desire.
3. Rev that up, so that you are in that state for several minutes. Feel the good feelings, the joy and excitement of achieving this desire. Focus more on the emotion, rather than the specific item or experience.
4. A friendly reminder: For best results, it is helpful to include the request, "This or something better, for the best and highest of all Creation." That, or a similar prayer, gives your intention up to the higher wisdom of Source, so that you are not putting upper limits on the creativity of the universe and the blessings that may come your way. Feel free to adapt and use your own words.

## Roll Out the Red Carpet

Here's a hidden secret to making a life of your creation. This brief intention setting practice can create great changes in your life experience. Take time to think about your day and how you'd like it to go. As you do this, your external world starts to line up with your inner vision and becomes your life. Creating a joyful, positive future appears to be as simple as creating a happy thought picture about your day. It's an amazing life-management tool—simple, just not always easy to remember to do.

1. Write down your 1-3 main intentions for your life for this year, month, or week. Post them where you will see them, to remind you of your intention. (To supercharge your intended vision and creation, create a Life Vision Map, see page 14.)
2. Spend 3-5 minutes in the morning previewing your day. Do this mindfully, as part of your morning meditation practice, if you have one. Or add it to your morning ritual of brushing your teeth.
3. Allow your attention to rest on the day that is ahead of you. Become aware of how you would like it to go, play by play from start to finish, like you are previewing a movie of your life. Visualize it as clearly as you are able. Use your senses of inner sight, smell, taste, touch, and sound, so that your inner movie exists in a very real form in your mind. Project into the feelings you would like to be having, so they feel real. You might think about:
  - How do you want your daily path to unfold?
  - How do you want to feel?
  - What are your planned activities?
  - How do you want the activities to go?
  - What do you want to experience?
  - Who will you be working/playing with?
  - How would you like those interactions to feel?
4. At the end of the day, as part of your daily winding-down activities, take time to review and journal. Notice and feel gratitude for how easily and effortlessly things worked out for you. Avoid self-criticism or negativity (if it comes up) if challenges arose. Give thanks and move on to another day of feeling good.

## Gratitude Journal

If you develop only one practice, make it this one. The cultivation of gratitude can radically alter your life. Gratitude increases awareness and expands presence in the moment. It is impossible to feel unhappy and grateful at the same time. Each morning as you arise, or in the evening as you settle down to sleep, take time to count your blessings.

1. Breathe deeply. Let all the actions, wants, and desires go. Disconnect from all thoughts of lack and need, bringing your attention fully into the present, now.
2. Make a list or jot into a journal, noting 10 things daily that you feel grateful for. These may be as mundane as your favorite cozy slippers warming your feet, sunshine outside, a warm place to sleep, your loving cat purring on your lap, or the ability to choose what you have for dinner tonight. What gifts we are surrounded by, yet blind to!
3. Allow yourself to feel gratitude for your life. Appreciate yourself and all your efforts to make your life and your world a better place. Breathe deeply.
4. If at first you can't *feel* your gratefulness, as least *think* about your blessings and gifts. Make your list. Dig deep, really take in all the good you are surrounded by. The feelings will follow.
5. Detach from the place inside you that thinks you don't have everything you need exactly as you create and desire it. This is an illusion, a by-product of a culture of disconnection and lack. It appears very convincing and results in *FEAR*. (*False Evidence Appearing Real*)

## Heart Dream Meditation

1. Start to notice your cravings and longings. Identify your dreams and your hopes or wishes. Review your intentions (developed earlier in Roll Out the Red Carpet, page 28) to identify which category these desires fall under. None are wrong, just different.
  - Dreams come from a deeper heart place and are often connected to Soul intention and destiny.
  - Wishes (or hopes) are often lighter in quality, more superficial, and can be a distraction from your deeper desires. They can also come from the dominant culture and media.

Discern the difference (or make your best guess) so you can place your attention and intention where you prefer. This distinction allows you choice, which brings freedom and power.

2. Sit in a quiet spot, where you can be undisturbed for 15 minutes or longer. Create sacred space for yourself with candles, incense, and music or using any of your favorite methods. (Or try something new!)
3. Breathe deeply. Relax, settle, and center, using any of the meditations in this book, or any that are part of your practice. Feel your body rested and relaxed, your feet connected to the earth through the floor.
4. After several minutes, allow your attention to float gently to the center of your chest, to your heart. Feel, sense, or imagine your heart-center. Notice the color, shape, texture, temperature, etc. of your heart's terrain.
5. Discover the chambers of your heart. Your heart has many rooms, each holding different treasures. Explore these rooms.
6. Allow yourself to travel to the place where your deep dreams and holy desires reside. Using as many senses as you can, note what this room looks and feels like.

7. Ask to be shown your dreams. Ask your Holy Desire to present itself. There may be one or many. They may be old and familiar or completely unexpected. Feel, sense, or imagine them as completely as you can. Receive whatever you are shown openly.
  - If the images or sensations you receive are confusing or unclear, ask, "How does this relate to \_\_\_\_\_ (my dreams, desires, work, home, relationship, family, etc.)?"
  - You can always ask clarifying questions to make the answers more understandable. If the images or answers are still unclear, trust that they will reveal themselves when it is time.
8. Be sure to take a few moments to fully return to your waking consciousness. Breathe deeply several times. Wiggle your fingers and toes. Open your eyes and stretch.
9. Take notes in your journal or sketch a drawing so that you are able to capture as much of this as possible. This guidance fades quickly.

## Creating Heaven on Planet Earth

The steps and process are simple, yet not always so easy. This practice is surprisingly quite profound. It works best when woven into daily moments quite fluidly, rather than while formally sitting and “doing” it.

1. Notice, feel, and enjoy the perfection of this time and place, in the moment you are experiencing it. You can only start from your current vantage point.
2. Feel, think, and exude the fact that this IS *Heaven on Planet Earth*. When an event, issue, or experience occurs, take a moment to breathe, ground, and center. Acknowledge that this is Heaven on Planet Earth.
3. At times, your viewpoint may seem quite the contrary to your ideal (and you have many examples leaping into your mind, no doubt). Observe how the mind may want to change, disapprove, or criticize what is and what is not. This resistance to appreciating your present life experience is a natural barrier to actually entering the kingdom of God, Heaven on Planet Earth. Your current experience is your point of attraction, the starting place for the version of Heaven you seek to manifest. Your Soul calls this forth. Bless the moment.
4. Shine. The primary task is to be and convey the light. Always remember the light and the joy of the God spark that you are bearing and bestowing.
5. As you do this, your vibration will naturally rise and your point of attraction will shift to match this. Those people, things, and experiences that are NOT aligned with Heaven on Planet Earth will begin to shift, fade, or generally remove themselves from your sphere of awareness.
6. As best you can, hold the awareness of HOPE in your consciousness at all times. By knowing this, you will begin to create and embody more ideal life experiences. There is great work to be done here in partnership with the unseen world and Divine helpers (co-creating via prayer), but for now focus here. So the practice is just that: practice.



## Prayer Beads

One way your light and intention can be focused and directed is through the use of prayer beads. Prayer settles and stills us, so that we can hear the whispers of the Divine and remember who we really are. In that relaxed and open awareness our intentions are carried to Spirit into manifestation. One simple and relaxing method is using prayer beads, which are part of many spiritual traditions. Many are familiar with mala and rosary beads, from the Hindu, Buddhist and Catholic faiths. Mala beads have 108 beads, said to be for each of the sacred names of God. Rosary beads, coincidentally or intentionally, have 54 beads. Thus by repeating 2 “rounds” you can equal that same sacred number. Each is used to deeply resonate with a repetitive prayer, chant or mantra. (A mantra is a holy or special phrase that is repeated over and over to connect you with Divine consciousness.)

1. Sit quietly and focus on your day and current life experience. What good are you intending to draw to you? What challenges could you use support with?
2. Develop or choose a mantra, or prayer. Or allow an affirmation or special phrase to come to you that supports your intention. Reciting a sacred name of God is very powerful. Some other examples are: Om Mani Padme Hum, or Aum (from Buddhism), Hail Mary Full of Grace, the Spirit is with You (from the Christian Tradition), or I am the light and love of the Divine, all else is illusion (an affirmations that I love).
3. Hold your rosary or mala beads in your hands. Say your chosen prayer, mantra, sacred phrase or affirmation while holding each bead. Move beads between each prayer.

## Energy Bridge

1. Identify a person (or animal or place) in need that you wish to send healing thoughts and prayers. Inwardly ask their Soul or higher self if they are willing to receive this energy blessing. If you sense, feel, or hear a "yes," proceed. If not, why bother? It would be energy sent and spent in waste.
2. After determining a "yes," then bring their image or energy/sense impression into your heart-space. Feel, sense, or imagine them in full detail as you know them to be. Feel a light or cord from your heart to theirs. The light bridge connection is made.
3. Visualize your friend in full health: robust, happy, vibrant and whole. Surround her with the goodness of your vision and intentions. Activate your heart's care, bathing them in the rays of your love and delight. Allow that love-feeling to grow and expand.
4. Some like to infuse prayers into this field, whether they are memorized from sacred text, phrases of comfort toward the intended recipient, or speaking from the heart directly to the Divine. Use mala or prayer beads as described previously, if you wish. Embracing these words of healing can create alignment for some. This is optional, however, since it is not the words themselves that are magical, but the intention of the one who prays. There is not any special force behind the prayer-words themselves. The Divine is not looking for some special phrase, like magical faerie dust, to open the key to the secret kingdom of health and well-being. Your heart's open and pure intent is prayer enough.
5. After a few minutes (or as long as you are able to maintain concentration), consciously sever the cord of connection. Release your intended receiver and bring your awareness back to yourself: your body and surroundings. Your ability to focus and maintain this energy will get longer with practice.
6. Breathe for a few moments. Get grounded back into your own time-space reality. Know that you have helped the recipient immensely.

## Candle Magic

Light candles daily. This is a simple ritual practice that triggers your deep, instinctual, unconscious self. It is a nudge from your Soul that says “pay attention, something different is happening.” Your *attention* can serve your *intention*. This practice reminds you to make every day special, as every day is sacred. All this comes from the spark of a match and the lighting of a small flame. Such a simple pleasure.

1. With each act of lighting a candle, take a moment to create a blessing or affirmation. Here you may intend your hopes and dreams for your day and beyond. Tune into your thoughts, feelings, and body sensations. Be spontaneous and brief.
2. As you create affirmations and intentions for yourself, you may naturally think of others you care about. Say prayers and blessings for those beloveds who are ill, in need, or less fortunate.
3. Finally, you have an ideal moment to practice gratitude. Count your blessings. See, feel, and sense how blessed you already are. Appreciate your life. Notice how this thinking uplifts your heart and spirit to joy.
4. Be careful not to leave flames untended. We do not want to create wildfire, except of the Spirit!

## LightBreath Meditation

This is a powerful meditation that guides and implants light directly into the body, exactly where it is needed, regardless of the conscious awareness of the user. When you practice LightBreath Meditation, you do not need to know precisely where it is needed. The light knows and it will go there. Certainly you can connect and direct it, but the light is God or Source, and therefore has an intelligence of its own. It goes where the recipient needs it, regardless of her awareness of this need.

*\*For a free audio recording of this meditation, go to [BlissBreakthrough.com](http://BlissBreakthrough.com) or [MagdalenePath.com](http://MagdalenePath.com). An MP3 recording is available for download by entering your name and email address in the box. Also look for the Free Resources tab.*

The meditation goes like this:

1. Settle yourself into your chair, taking a few moments to get comfortable where you are now. Turn off any electronic devices or other distractions so that you are not disturbed for 10-20 minutes.
2. Gently close your eyes, if you are in a place where it's safe to do so. (Eventually you can do this with eyes open, for equally great benefit.)
3. Begin by gently noticing the breath, not changing it or forcing anything, just noticing. As you bring awareness to the breath, you will notice that it deepens naturally, without effort or force. As you do this, allow your energy to settle and pool, with calm serenity. Take several minutes to relax and open the breath in this easy manner.
4. Invite the presence of The Magdalene and the Mari priestesses, for guidance and protection. Include any other deities or aspects of the Divine you feel most aligned and connected to.
5. Call the light in the following manner. Focus on the spot at the top of your head. Feel, sense, or imagine this spot spinning open, like the aperture of a camera or unfurling like a flower. As it opens, invite the light from the universal sun. The light will appear, often with force, for it wants to be used and sits waiting otherwise. At this calling, the warm, liquid, golden-white light will begin to stream forth into your head, where it can swirl and move easily. This light will shimmer and sparkle, swirl and dance. It may glide like a warm river of liquid honey light.
6. Focus on receiving this liquid light into your head: your brain, eyes, ears, and third eye. This is likely to happen for some time. Use your breath to direct the light. On the in-breath, let the light come in, and on the out-breath make a conscious choice to release whatever no longer serves you.

7. Draw the light down into your body, settling into your heart, neck, and chest. As the light enters and flows through your body, it naturally displaces and clears anything ready to be released. Intend the light toward any muscles that are sore or to other body parts that are known to have difficulties, injuries, or ailments.
8. Let this light swirl and cycle through your body for several minutes, as long as you can maintain concentration. When you lose focus, gently bring your attention back to your breath and the cycle of light moving within you.
9. Allow the light to move out of your body with your breath. Send it through your feet, deep into the earth. There it can be received, reclaimed, and recycled, without harm to anyone, for the best and highest of all concerned. This release will happen naturally. With the light and love of conscious awareness, the effects will be more powerful and palpable.
10. Know that if you lose focus, this light is still going where it is needed. Once activated, this LightBreath has intelligence and is healing and expanding your being in alignment with your Soul contract.
11. When you are ready to finish, or you sense that this session is complete, begin this closure process. From this expanded place of awareness, first give thanks. Activate your gratitude. Appreciate yourself for taking this time and allowing yourself this experience. Give thanks to all your Divine guides, guardians, and teachers who brought you to this moment so exquisitely. Thank Mary Magdalene, the Mari priestesses, and any other Divine beings or deities who came to work with you today. Finally, give gratitude to this infinite intelligence of light, which is love, Source, God, and All There Is.
12. Relax and breathe for a few moments while your eyes are still closed. Allow yourself to enjoy this new, clear state of awareness before jumping into the next adventure of your Divine life.

## Open Your God Line

The awareness of the God Line is a tool to engage. The method is quite simple, and with practice can be done in seconds, regardless of the outer circumstances present in your life. This practice activates a glowing cord of light that connects you to the Divine. Your God Line gets initiated at birth to start the flow of life energy to you, stopping at death to as this same life energy ceases.

1. First, relax into your breath. This aligns you with your Self. As an aspect of God, you must be in alignment with yourself in order to increase the connection to God. (This word can be used interchangeably with Source, Spirit, All That Is, Oneness, Christ, Goddess, etc.)
2. From this place, become grounded and centered, which is important for clear connection to God. Breath awareness allows you to receive God Essence on the in-breath and release on the out-breath.
3. Next, on your exhale, release pain, frustration, and toxins of any kind — physical, mental, or emotional. Release them down your feet into the Earth mother, who can purify and regenerate this energy. This enhances presence and relaxed connection with your Soul Self.
4. Become aware of your God Line. Allow your attention to go to the top of your head (also known as the crown chakra). See, feel, or sense this space opening, spinning like a camera aperture or unfolding like a flower. (Alternatively, some feel this connection best by opening through the heart chakra in the middle of the chest. That is fine, too.) See, feel, or sense a line or tube of light flowing from the heavens into your head or heart. This may be a thin, fine gossamer string; a large, thick pipe; or something else entirely. It glows softly or brightly with silvery-golden iridescent light, a brilliant and refined color that can be difficult to describe.
5. Bring this light into your body, filling the vessel of your Self like a vase or basket. If you see any places where the light may be oozing or leaking out, create a patch with that same light. Notice that the light in the container begins to grow and brighten, as if you are filling a jar (though it may not be from bottom up).
6. Receive and contain this light. Allow yourself to let it in. Send the light to areas of your body that need nourishment, rejuvenation, and healing. Notice how it goes to areas that are hurt or ill. Allow the vessel of the body to absorb this like a dry sponge in the parched desert.

7. After several minutes, complete the process with gratitude. Before you go about your day, take a moment to give thanks to the Source of this light and life. Thank yourself for tending to you in this nurturing manner.
8. You do not need to sever this connection (it is always there), but as your awareness shifts, you can open your eyes. Practice feeling the God Line with your eyes open. Fill your vessel with light through the top of your head or feet as you go through your daily activities. Notice times when your energy is low or you feel overwhelmed or frustrated. See if this creates more energy or a better mood. It probably will.

## Magdalene Blessing

This energy healing practice comes through the lost arts of the Western mystery tradition, directly related to practices used by Jesus in his healing ministry. It is a Divine transmission of light from Source for health, wholeness, and well-being. As you connect with the golden orb, you may experience pure expanded being, which is who you truly are. Notice how it balances, harmonizes, and uplifts you, removing all previous negative attachments, thoughts, and worries. Practice this energy meditation once or twice a day for several minutes (or longer, if you desire). Even short moments are very rejuvenating and healing. Morning and evening, at waking and before sleep, are best.

1. Close your eyes, relax, and settle yourself for a few minutes. Allow your breath to slow and deepen. Feel your feet on the ground, anchoring you to the planet. Rest in the chair where you sit, or on the bed where you lie, and feel your body open. Relax deeply.
2. Invite Mary Magdalene (and any other Divine guides or helpers you wish) to come with her golden orb into your energetic field.
3. Turn your attention to a golden orb of light, just above your head. Feel or sense it above you. You may see it drop down from the sun, or it may just appear over your head, a few feet (or inches) away.
4. Allow this golden orb to descend, into your head, bathing it with liquid loving light. At first it may be small, often the size of an orange, but you may experience it larger or smaller. Let it drop into you. It may swirl, pulse or rotate, and should feel very pleasant and relaxing.
5. Embrace its gentle, warm, golden aura. See, feel, sense, or imagine the golden light filling you with effusive, warm, honey-golden light.
6. Let it encompass your heart, then expand or move into your belly, and solar plexus. Notice that it may grow larger as it enters your body. Let it expand and settle there.
7. Allow it to penetrate throughout your whole body, swirling and collecting any tension or toxins as it moves through you. Let it infuse your whole energetic field.
8. Watch it grow until the light is coming through you, out your pores. It will illuminate your whole being, including your energy field.
9. Let it move through and scan you. Notice it displacing any physical, mental, or emotional debris you have collected in your body, aura, or magnetic field. Send or request the golden egg into any areas of pain, injury or illness. Stay



aligned with the light as the debris is collected and consumed fully, returning to Oneness.

10. When you feel finished, or the experience naturally starts to complete, the orb-light will return to Source. It may dissipate throughout your body or exit your feet into the ground, or through the top of your head, returning to the heavens.
11. Take a moment to honor and give thanks to Mary Magdalene and the Sisterhood of Light for bringing this tool to you today. Thank any other guides, guardians, Gods, or Goddesses you may feel connected with.
12. Breathe and center yourself for a few moments. Keep your eyes closed, but consciously feel your chair or bed underneath you, becoming aware that you are back in your room. Gently open your eyes, continuing to contain the energy of the experience as much as you are able.
13. Make notes in your journal. Jot down anything you want to retain about the experience, as these tend to fade from memory quickly.

## ABOUT THE AUTHOR



Claire Sierra, M.A. is a transformational counselor who has helped thousands of women overcome depression, anxiety, overwhelm and burnout to step into their clarity and joy. For over 22 years, this inspiring Soul coach has led hundreds of creative and inspiring workshops, retreats, teleseminars, and private sessions across the country, helping people access their divine connection and Soul purpose through creative arts.

Trained as an Expressive Arts Therapist and True Purpose™ Master Coach, Claire uses cutting edge practices that fit her grounded, expansive, soulful approach. She has maintained a private therapy practice for over 17 years and worked as an Art Therapist and Counselor at treatment centers, community agencies, and hospitals. As director of **Bliss Breakthrough**, Claire offers in-person and virtual retreats, coaching groups, teleseminars, and private sessions. She is a widely published author who has contributed to wellness magazines for decades. As a visionary mixed media artist, Claire has exhibited art in museums and galleries, now held in collections throughout the U.S.

Visit her website: [BlissBreakthrough.com](http://BlissBreakthrough.com) for free resources including a free Bliss Breakthrough Guided Meditation recording and a report, "Six Key Tools to Relieve Burnout, Exhaustion and Overwhelm." You will also receive her monthly newsletter. Visit [MagdalenePath.com](http://MagdalenePath.com) for free resources including access to meditations, teleseminars, virtual and in-person retreats.

## THE MAGDALENE PATH



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CLAIRE SIERRA

